POWER PLATE®
my5™

my body, my time™

USER MANUAL
• MY5™ MODEL

English

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English

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INTRODUCTION

English

Power Plate® machines use the principles of Acceleration Training™ to stimulate the body's natural response to vibration. Power Plate® machines create vibrations that cause instability throughout the body. As these vibrations transmit waves of energy, a variety of muscles subconsciously contract to stabilize the body. This rapid cycle of muscle contraction and release is what makes training with Power Plate® equipment so effective. Acceleration Training™ was discovered in the former Soviet Union, where it was found to effectively combat the negative effects of the zero-gravity environment in space. Cosmonauts were faced with considerable loss of muscle strength and bone density from their time in space, and Acceleration Training™ exercise apparently helped reverse these effects. However, this new form of training was unknown in Western Europe until after the fall of the Iron Curtain, when the Dutch sports expert Guus van der Meer introduced the technology, resulting in the development of the first Power Plate® model in 1999. Since then, Power Plate® technology has been adapted for the masses so it is now possible for everyone to enjoy training on Power Plate® machines. That means you can strength train without the need to add extra weights, thus without overloading the body and its joints. Power Plate® machines are used by everybody from high-level, high-performance athletes, to the elderly, to those simply wishing to improve their general health and fitness levels.

CORRECT USE IS ESSENTIAL FOR OPTIMAL RESULTS

In theory, the Power Plate® machine can be used by almost everyone. You can adjust training to your own level and reduce any burden on your joints, tendons and ligaments. As with every form of training, the correct use of exercises, adjusted to your personal abilities, will determine the benefits and effects of completing a training session on the Power Plate® machine, while at the same time avoiding risks of injury or damage to the body

Body posture, muscle stiffness and muscle tension (i.e. how contracted your muscle is) are important contributing factors in your training session. If muscles are tensed, or contracted, they will absorb vibrations to help strengthen and tone those muscles. Passive exercises, such as stretch and massage on the Power Plate® machine, don't absorb as much vibration and can therefore be performed on a more frequent basis.

This is why Acceleration Training™ exercise should be used on a regular basis, starting with low intensity, which means low frequency settings for short sessions. The body should be gently stimulated in a way that will allow you to adjust to vibration training, but will not overload your body. Over time, the intensity and duration can be increased in the same manner as other progressive training programs. Once the body has adapted to vibration, the training can be changed or intensified to keep improving performance, whether this improvement is desired for sports or daily life goals.

IMPORTANT SAFETY INSTRUCTIONS

Before using the Power Plate® machine, it is essential that you read the ENTIRE User Manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person who uses this Power Plate® machine. Retain this User Manual for future reference.

HEALTH WARNINGS

! WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, YOU SHOULD CONSULT A PHYSICIAN FOR A PHYSICAL EXAMINATION AND CLEARANCE TO ENGAGE IN THE PROGRAM, OR PERSONAL INJURY COULD RESULT.

IF YOU HAVE ANY KNOWN MEDICAL CONDITION, OR ANY PHYSICAL LIMITATION ON YOUR ABILITY TO EXERCISE, POWER PLATE STRONGLY RECOMMENDS THAT YOU SEEK THE ADVICE OF A PHYSICIAN BEFORE USING THE POWER PLATE® MACHINE, IN ORDER TO AVOID POSSIBLE PERSONAL INJURY.

IF, WHILE USING THE POWER PLATE® MACHINE, YOU EXPERIENCE ANY DIZZINESS, FAINTNESS, SHORTNESS OF BREATH, OR PAIN, YOU MUST STOP USING THE MACHINE IMMEDIATELY AND CONSULT A PHYSICIAN. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

THE POWER PLATE® MACHINE IS NOT A MEDICAL DEVICE AND IS NOT DESIGNED FOR THERAPEUTIC PURPOSES.

The remainder of this “Important Safety Instructions” section includes directions for the proper set-up and use of the Power Plate® machine. Please follow all directions, instructions, and warnings carefully in order to ensure your personal safety, and that of those around you, when using the Power Plate® machine.

SET-UP AND HANDLING

! DANGER: TO REDUCE THE RISK OF ELECTRICAL SHOCK, ALWAYS UNPLUG THE POWER PLATE® MACHINE BEFORE CLEANING OR SERVICING IT.

! WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK, FIRE, BURNS, OR OTHER INJURY, ALWAYS PLUG THE POWER PLATE® MACHINE INTO A PROPERLY-GROUNDED ELECTRICAL OUTLET.

! WARNING: TO ENSURE SAFE USE OF THE POWER PLATE® MACHINE, IT MUST BE REGULARLY EXAMINED FOR DAMAGE AND WEAR. THE MACHINE, HOWEVER, CONTAINS NO USER-SERVICEABLE PARTS. THUS, WITH THE EXCEPTION OF THE MAINTENANCE TASKS DESCRIBED LATER IN THIS MANUAL, THE OWNER/USER SHOULD ALWAYS RETAIN AN AUTHORIZED POWER PLATE® SERVICE PROFESSIONAL TO PERFORM MAINTENANCE AND/OR SERVICE ON THE MACHINE.

- The machine should be set-up on a hard, level surface in an area free of obstructions within at least three feet of the vibration platform.
- The machine should not be used outdoors, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short-circuit, which could cause personal injury or damage the machine. Unplug the machine when not in use.
- Never attempt to lift or move the machine without assistance.
- Never operate the machine if it has been dropped, tipped over, damaged, or even partially immersed in water, unless an authorized Power Plate® service professional has examined the machine and cleared it for use.

- Never insert objects into any opening on the machine. If an object falls into the machine, shut the machine off and remove the power plug before attempting to retrieve the object. If the object cannot be reached, contact an authorized Power Plate® service professional.

USE OF THE POWER PLATE® MACHINE

1. GENERAL HEALTH WARNINGS FOR USE

- Always follow the directions on the machine's console for proper operation.
- Close supervision is required when the machine is used by, or near, children or disabled persons.
- Always use care when getting on and off the machine. Use the handles on the machine, as needed, to maintain stability when getting on and off the machine.
- Never reach into or under the machine, or tip the machine on its side, while it is in operation.
- Use the machine only for the purposes described in this User Manual and only with attachments or accessories that come with the machine or which Power Plate® has specifically approved for use with the machine, or personal injury could result.

2. SPECIFIC HEALTH WARNINGS FOR USE

(a) PROPER CLOTHING AND PADDING

- During exercises in which the user stands on the vibration platform, the user should wear rubber-soled shoes or, if the user chooses to exercise in socks or bare feet, the user should use one of the three contoured mats that are provided with the machine.
- During exercises in which any part of the user's body is in contact with the vibration platform, Power Plate® recommends the use of at least one contoured mat.

(b) PROPER POSITION AND BALANCE

- In order to avoid possible injury from the machine's vibrations, Power Plate® recommends that the user not lean back on his/her heels or "lock" his/her joints or straighten his/her legs when standing upright on the machine.
- It is important at all times to maintain balance while on the machine. The user, however, should not "hang" on the machine's handles in order to maintain balance but should (unless the directions for a particular exercise state otherwise) keep his/her knees directly above the toes.
- Proper position and balance are especially important if the user employs weights during any exercise on the machine. Power Plate® strongly recommends that users not employ weights while using the machine, unless they are being coached by an exercise professional or unless the user has extensive experience with weight training or with the Power Plate® machine.
- The following three illustrations demonstrate improper ways to stand on the machine:

You always need to be balanced when standing on the Power Plate® machine. Never hang on to the handles, use them only to maintain balance.

Don't lean on your heels too much. Balance your weight predominantly on the front of your feet.

When training with the Power Plate® machine, do not "lock" any joints, such as your knees and elbows, but keep them slightly bent.

(c) PROPER HYDRATION

- Power Plate recommends that the user stay well-hydrated by drinking at least 300 ml (16 ounces) of water before, during, and after each exercise session.

(d) PROPER LIMITATIONS ON EXERCISE

! WARNING: IT IS IMPERATIVE THAT THE USER PAY CAREFUL ATTENTION TO HIS/HER BODY'S REACTION TO EXERCISE ON THE MACHINE AND THAT THE USER NOT OVER-EXERT HIMSELF/HERSELF OR WORK TO EXHAUSTION, OR PERSONAL INJURY COULD RESULT.

IF, AT ANY TIME, THE USER EXPERIENCES DIZZINESS, FAINTNESS, SHORTNESS OF BREATH, OR ANY PAIN, THE USER SHOULD IMMEDIATELY STOP EXERCISING AND CONSULT A PHYSICIAN BEFORE CONTINUING WITH AN EXERCISE PROGRAM, OR PERSONAL INJURY COULD RESULT.

FCC WARNING: POSSIBLE RADIO/TELEVISION INTERFERENCE

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate, radio frequency energy and if not installed and used in accordance with the User Manual, may cause harmful interference to radio communications. There is no guarantee, however, that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Re-orient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/television technician for assistance.

RETAIN THIS USER MANUAL FOR YOUR FUTURE REFERENCE

English

YOU SHOULD CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM, INCLUDING A PROGRAM INVOLVING THE USE OF THE POWER PLATE® MACHINE.

IF YOU HAVE ANY KNOWN MEDICAL CONDITION, OR ANY PHYSICAL LIMITATIONS ON YOUR ABILITY TO EXERCISE, POWER PLATE STRONGLY RECOMMENDS THAT YOU SEEK THE ADVICE OF A PHYSICIAN BEFORE USING THE POWER PLATE® MACHINE.

IF, WHILE USING THE POWER PLATE® MACHINE, YOU FEEL DIZZY, FAINT, SHORT OF BREATH, OR ANY PAIN, STOP USING THE POWER PLATE® MACHINE IMMEDIATELY, AND CONSULT A PHYSICIAN.

OPERATING THE POWER PLATE® MY5™ MACHINE

Once you become familiar with the basic operation of the Power Plate® machine, you can begin your training. The Power Plate® machine is very easy to operate, as you can tell from a brief review of the primary buttons on the face plate:

1st Row:
Main Controls
- "Start/Stop" button
- "Repeat" button

2nd Row:
- Pre-set buttons for "Strength," "Stretch," "Massage," and "Relax"

3rd Row:
- "Time" button for 30 or 60 seconds
- "Low/High" button for intensity (amplitude)

4th Row:
Incremental adjustment for the frequency (between 30 and 40 Hertz in 1 Hertz increments)
- "-" : decrease Hertz / Time
- "+": increase Hertz / Time

5th Row:
- Hertz: Pre-set options of "30," "35," or "40" Hertz

Power Plate® my5™ Model

USING THE REMOTE CONTROL

In order to make your Power Plate® machine more user friendly, we have included a state-of-the-art remote control. The remote is designed to make your workout more streamlined and interruption free. Your remote control is equipped with a standard 11 Amp 6V battery, which may be replaced as needed.

Pre-set options

Each button on the remote control represents a pre-set workout, which matches the control panel on your machine.

Stretch

Strength

Massage

Relax

Push one of the pre-set buttons once and the machine will start at the desired setting. Push the same button again and the machine will turn off.

Changing your workout

If, for example, you are in the middle of a Strength exercise and you push the Massage button, your Power Plate® machine will stop and re-start according to the new setting.

VARYING THE INTENSITY

The correct step-by-step build up of intensity is extremely important for your training to be carried out both efficiently and responsibly.

For the Power Plate® my5™ model, there are several variables that can be used to vary the intensity:

- Length of time for each exercise
- Rest time between exercises
- Number of exercises
- Frequency (amount of vibrations per second, measured in Hertz)
- Amplitude (distance the plate moves vertically per vibration)
- Sessions per week (between 2 and 3 is optimal)
- Muscle tension (how tightly contracted the muscle is) by changing the angle of the joint or, for example, performing the exercise on one leg only
- Complexity of movement or additional movement (i.e., active or dynamic movement versus only holding an exercise position)
- Additional weight or extra load, i.e., using a weight vest or dumbbells

The exact way of using the variables is complex and depends on the individual and training goals of the person involved. Other factors that should be taken into account are injuries, limitations, specific demands and/or any other circumstances influencing the body (and mind).

In general the following progression steps can be taken:

Exercise time, number of exercises and rest time

These settings depend completely on your training goals. If you are new to Acceleration Training™ sessions, we recommend performing only a few exercises and resting for the same amount of time as is spent actively using the Power Plate® machine. After a while, more exercises can be added.

When trying to accomplish weight loss, cardiovascular or endurance improvements, rest time can be reduced, exercise time can be extended and the number of exercises can be increased to add to the total volume of training.

For recovery, flexibility and preparation, it is better to perform specific exercises and keep the total volume low, with enough rest between exercises.

For strength, power and speed, the intensity (i.e., Hertz settings) per exercise can be increased, but the total volume should be kept low.

Example: If you are training for endurance or weight loss goals, you should progressively extend the duration of training to multiple sets of 60 seconds each and cut the rest period to 30 seconds or less between subsequent sets. If your goal is to achieve maximum strength or power, you should do multiple sets of short duration on high amplitude, and take long rest periods, from 1 to 4 minutes.

Frequency

For each type of exercise, we recommend the following frequency settings:

- Stretch settings should stay between 30 Hertz and 35 Hertz
- Strength settings should not exceed 40 Hertz
- Massage settings can be the maximum, at 40 Hertz
- Relaxation settings should not exceed 35 Hertz

When frequency is increased, the volume of the exercises should be decreased (duration, number of sets) and the rest period should be increased proportionally.

Amplitude

- For each type of exercise, we recommend the following amplitude settings:
- Stretch setting should be LOW
- Strength setting should be LOW, progressing to HIGH
- Massage setting can be HIGH
- Relaxation setting should be LOW

When amplitude is increased from Low to High, frequency and volume of exercise should be (temporarily) decreased and the rest period increased proportionally.

Mat

The mat dampens the vibrations. Always use the mat when you have a body part in contact with the plate surface, or if you are exercising in socks or bare feet.

Sessions per week
In general, we recommend performing 2 to 3 sessions per week. Stretches, massages, relaxation and preparation programs can be performed more often.

Execution
Changing your exercises by using more movements of your body and that also correspond to your specific goals will help increase performance even more. You can think of increasing the angle of the joint (which increases the contraction of the muscle), or varying the exercises by performing them with a variety of still (static), active (dynamic) or jumping (plyometric) movements.

Extra load
Extra load, i.e., adding weights, should only be used to increase intensity by well-trained people or users who are being coached by a professional. All of the above parameters can be varied with the extra load. When external load is added to your exercises on the Power Plate® machine, amplitude and volume of the exercises should be decreased and the rest period should be increased proportionally as though starting the entire exercise progression again.

The programs in this booklet are basic / standard programs that will suit most people without specific limitations or needs. Specialized programs and additional progression steps for individual users should be drawn up by educated and certified Power Plate® trainers.

Power Plate offers a variety of educational and training materials, including DVD's, online learning and in some countries, specialized academies. For more information please visit our website, www.powerplate.com.

PERSONAL ADAPTATION

Training on the Power Plate® machine is like any other type of training: start with light and short training sessions, and once accustomed to the vibrations, you can begin to gradually intensify your program. In the schedules we provide in this manual, we describe a buildup in exercise routine appropriate to the majority of people. However, our most important advice is to always listen to what your own body is telling you.

Another important aspect is ensuring that between training sessions, you rest long enough to fully recover. We normally recommend two days of rest after each training session. It is our experience that one day's rest after training with Power Plate® equipment is often enough, but every body is different and you will have to find what works best for you. If you feel the schedules are too easy or too intense once you have become accustomed to this training method, you can adjust them to your comfort level.

TECHNICAL SPECIFICATIONS

Color	Silver, Black or White
Maximum Load (weight)	136 kilograms / 300 pounds
Operation	User-friendly interactive display
Frequency	30 to 40 Hertz (1 Hertz increments)
Pre-set Frequencies	30, 35 or 40 Hertz
Time Selections	30 or 60 seconds
Vibration Energy Output	Low or High
Dimensions (W x D x H)	68 centimeters x 90 centimeters x 150 centimeters 27 inches x 35 inches x 59 inches
Surface Plate Dimensions (W x D)	69 centimeters x 59 centimeters 27 inches x 23 inches
Weight	90 kilograms / 200 pounds
Power Supply	90–260 VAC, 50 / 60 Hertz, Universal Voltage
Nominal Power	.35 kw (in operation)
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant; IFI accredited

MAINTENANCE

! WARNING: THE MACHINE CONTAINS NO USER-SERVICEABLE PARTS. PLEASE CONTACT AN AUTHORIZED POWER PLATE® SERVICE PROFESSIONAL FOR ANY MAINTENANCE OR TROUBLESHOOTING NOT OTHERWISE DESCRIBED BELOW, OR PERSONAL INJURY OR DAMAGE TO THE MACHINE COULD RESULT.

! CAUTION: Any changes, modifications, or unauthorized maintenance performed to or on the machine could void the product warranty.

- Always unplug the machine and let stand for at least one minute before performing any maintenance.
- Clean the machine only with a moist cloth. Do not use sharp objects, bristles, scrubs, or acid-based detergents, because this will damage the lacquer finish.
- Do not spray any cleaning solution directly onto the machine. Instead, moisten a cloth, then apply to the machine.
- On plastic components, use only polishes specifically designed for plastic.
- Use a soft brush, not a cloth, to clean the platform, including the contoured mat.
- Clean electrical components only with a dry cloth, in order to avoid the risk of shock or damage to the components.

TROUBLESHOOTING

- Always unplug the machine and let stand for at least one minute before performing any troubleshooting.
- If the machine is not operational and the console display is not illuminated, check the power connections to the machine.
- If all power connections are proper, please check the circuit breaker or fuse for the electrical outlet that is supplying power to the machine in order to ensure that the outlet is receiving electrical power.
- If the console display is illuminated, but the platform will not vibrate, unplug the machine, wait at least one minute, then check the connection to the machine's motor, located under the base of the machine.

- If the machine makes a rattling noise, unplug the machine, wait at least one minute, then check to make sure that the feet are properly tightened.

! DANGER: POWER PLATE STRONGLY RECOMMENDS THAT THE USER NOT TRY TO RESOLVE ANY ELECTRICAL ISSUES REGARDING THE POWER SOURCE TO THE MACHINE BY ONESELF. INSTEAD, POWER PLATE STRONGLY RECOMMENDS THAT THE USER CONTACT A LICENSED, PROFESSIONAL ELECTRICIAN TO CONDUCT ANY EXAMINATION AND MAKE ANY NECESSARY REPAIRS. OTHERWISE, SERIOUS PERSONAL INJURY OR PROPERTY DAMAGE COULD RESULT.

HELP AND SUPPORT

If you have any questions, please visit our website, www.powerplate.com. Select your country for local contact details.

In the USA, call toll-free 877 87 PLATE
In the UK, call +44 (0)20 7586 7200

WARRANTY / PRODUCT REGISTRATION

To register your Power Plate® machine / complete a warranty registration (where applicable), please visit us online at www.powerplate.com. Copies of this manual and any other paperwork may be obtained by contacting Power Plate through the "Contact Us" page online or by writing to Power Plate:

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